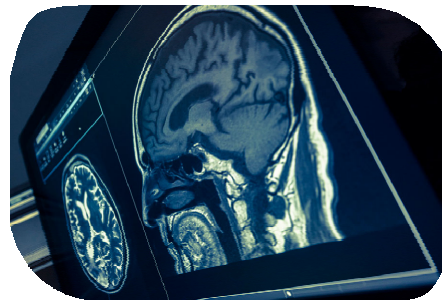
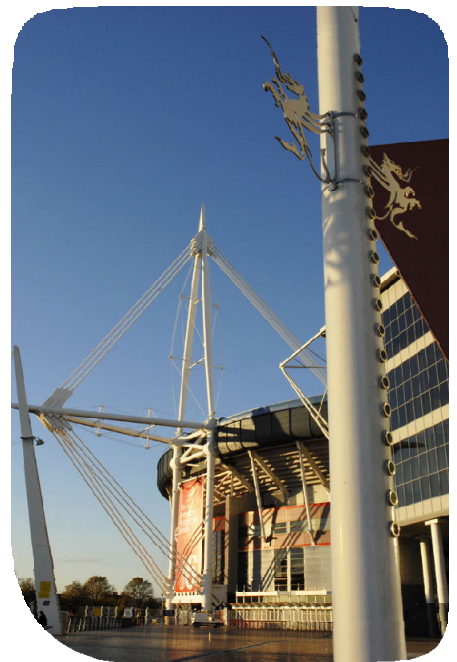




GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

# Cardiff and Vale University Local Health Board Paired Foundation Programmes



# What makes Cardiff so great!

Cardiff is a unique city that offers all that is expected of any modern capital city, and boasts an enviable quality of life. Cardiff's residents believe it is one of the best cities in Europe to live and work in.

Compact, multicultural Cardiff dances to its own beat, with abundant cultural and historical sights, independent businesses and a friendly atmosphere. - Amy Pay, Lonely Planet Writer

Cardiff is a "city of parks" with more green space per person than any other main UK city and has been described as the epitome of cool by the Lonely Planet guide. There is a vibrant night life including the hustle and bustle of St Mary Street and the relaxed restaurants and bars of Cardiff Bay.

The City offers a mix of boutique stores found in the varied Victorian arcades coupled with larger department stores. Cardiff is home to world class venues and international events; the Principality Stadium is recognised across the world, the Sophia Gardens Stadium hosts international cricket including the Ashes and Cricket World Cup whilst the Wales Millennium Centre has established a worldwide reputation as an excellent arts and cultural venue.

Cardiff enjoys a healthy residential market, yet the cost of housing is lower than many other parts of the UK. Schools offer a high standard of education and facilities. The UHB's Accommodation Department will offer help and support to new trainees seeking to relocate to the City. Surrounded by areas of outstanding natural beauty, with the Brecon Beacons National Park, Swansea Gower Peninsula and the picturesque Vale of Glamorgan all nearby, Cardiff really does have it all.

# Why work in Cardiff & Vale UHB?

The UHB has a well-earned reputation as a centre of excellence for clinical care, medical education and research. Established in 2009, following the reorganisation of health services within Wales the UHB is one of the largest and most diverse healthcare providers in the UK. There are strong links with the Wales College of Medicine and Cardiff University.

## Working for CAV UHB

It is important to the UHB that all staff are as happy as possible with their working arrangements. Therefore, there is a commitment to improving the working environment and enabling all staff to strike a healthy work-life balance.



The Social Club on the UHW site provides facilities for relaxation and exercise with gym, pool and racquet sports available. There is an active doctor's mess at both UHW and UHL, with widescreen television, comfortable seating and facilities for refreshments. Accommodation is available if required at both the UHW and UHL sites.

## The Foundation Programme in CAV UHB

The majority of our foundation posts are based either at the University Hospital of Wales (UHW) or University Hospital Llandough (UHL) but other training locations include Cardiff Royal Infirmary, Marie Curie Hospice and Velindre Cancer Centre, along with a number of Primary Care Practices as well as community mental health settings. Training opportunities include community, primary, secondary and tertiary healthcare services.

On both UHW and UHL there are Medical Education Centres with helpful and knowledgeable staff readily available to provide support and advice throughout your Foundation years.

There is a comprehensive induction programme organised for the start of your post and the Foundation Programme Directors meet with all foundation trainees to welcome you to the UHB and ensure that you are supported at this stage of your career. There are regular opportunities for feedback and should there be any difficulties encountered during your posts it is easy to obtain help. The teaching programme has always received positive feedback and allows plenty of time for you to learn. It is designed to cover all elements of the Foundation Programme Curriculum and is continually being evaluated in order to improve the standard of education provided.

There are a range of Programmes on offer:

- Traditional 3 x 4 month rotations per year
- Specialised Programmes
- LIFT Programmes



## University Hospital of Wales (UHW)

The University Hospital of Wales is a large teaching hospital situated within the city of Cardiff. Working here as a foundation trainee will enable you to learn from some of the foremost clinicians in their fields within a culture of innovation, education and research. The hospital provides secondary care to the population of North and East Cardiff and tertiary level care in nephrology, neurosciences, haematology, paediatrics and neonatology, cardiothoracics and critical care. Most of the posts are busy and provide good experience in developing clinical assessment and decision making skills within a supportive team environment.



The Medical Education Centre at UHW is based in the purpose built Cochrane Building that is also home to Cardiff University Health Library and Medical School. The Centre has excellent educational facilities and an active postgraduate education programme.



Departmental meetings are highly valued by trainees both as opportunities to learn and to gain experience in presenting their own work.

The strong links with Cardiff University mean that there are good opportunities for research and further academic development if wished. There are a number of academic foundation posts which are specifically aimed at encouraging teaching and research activity during the programme.

## University Hospital Llandough (UHL)

Located at Penarth in the Vale of Glamorgan, the University Hospital Llandough provides medical secondary care services to West Cardiff and the Vale of Glamorgan. It is also home to the Cardiff and Vale Orthopaedic Centre (CAVOC), which provides elective orthopaedic services and tertiary respiratory services including cystic fibrosis service. The hospital is supported by excellent lung physiology, state of the art thoracic radiology and pathology services. A new endoscopy unit has recently opened which provides state of the art facilities for gastroenterology endoscopic procedures and interventional respiratory medicine including advanced bronchoscopy techniques and thoracoscopy.

The Medical Education Centre at UHL houses excellent library and educational facilities with an active postgraduate education programme and newly developed “simulation” suite.



# Marie Curie Hospice

Marie Curie Hospice Cardiff and the Vale is situated in Penarth, Vale of Glamorgan, approximately 2 miles from University Hospital Llandough. It is set on a cliff top with spectacular views over the Bristol Channel, this purpose-built hospice provides 28 inpatient beds based over 2 wards serving the population of Cardiff and the Vale of Glamorgan. It also houses a day therapy unit and the Marie Curie community palliative care team who provide advice and support for patients living with a terminal illness in the Vale of Glamorgan area.

## Important Information

The following post descriptions and banding are based primarily on previous designations and are provided to help guide and inform applicants.

It does not form part of an employment contract.

If we are aware of changes in advance we will endeavour to ensure this is reflected in the Information provided

**Clinical services are under constant review and as a consequence training opportunities may change. The rotation descriptors are as up to date and accurate as possible. Posts do change at short notice and banding may have been amended. We are therefore not able to guarantee the information.**

<b>FP1 – WAL/SFP/001</b>	<i>Specialised academic programme (F1)</i>		
Intensive Care Medicine	Dr B Jones	UHW	Band 1B
Cardiology	Dr P O'Callaghan	UHW	Unbanded
Paediatrics	Dr M Edwards	UHW	Band 2B
<b>FP2 - WAL/F2/009</b>			
Orthopaedic Surgery	Mr A John	UHL	Band 2B
General / HPB Surgery	Mr D O'Reilly	UHW	Band 2B
Emergency Medicine	Dr M Al-Mudhaffar	UHW	Band 1A
<p>This is a specialised academic programme - in F1 the foundation trainee has 1 day a week set aside for an academic project. These projects can be research, QI or teaching related and should be agreed with the educational/clinical supervisor. Please also see the specialised programme information file.</p> <p>F2 Orthopaedic surgery is based in UHL and includes the care of in patients with trauma and orthopaedic conditions. Many patients are elderly and are managed jointly with the ortho-geriatricians and you will have the opportunity to work with both teams.</p>			

<b>FP1 – WAL/SFP/002</b>	<i>Specialised academic programme (F1)</i>		
Intensive Care Medicine	Dr B Jones	UHW	Band 1B
Respiratory / CF Medicine	Dr J Duckers	UHL	Unbanded
Orthogeriatric Medicine	Prof A Johansen	UHW	Band 2B
<b>FP2 – WAL/F2/008</b>			
Acute Internal Medicine	Dr P Taylor	UHW	Band 1A
Paediatrics (community)	Dr N John	Community	Band 2B
ENT	Mr B Stew	UHW	Band 2B
<p>This is a specialised academic programme - in F1 the foundation trainee has 1 day a week set aside for an academic project. These projects can be research, QI or teaching related and should be agreed with the educational/clinical supervisor. Please also see the specialised programme information file.</p> <p>The respiratory post is based in the All Wales adult CF Centre at UHL. The post is not banded but the trainee is eligible to undertake locum shifts in Medicine in UHL. <i>We are exploring including this post in the medical on-calls hence banding may change.</i></p> <p>Community paediatrics includes a range of community learning opportunities and on-call in the children's hospital. <b>Access to your own transport is recommended for this post.</b></p>			

<b>FP1 – WAL/FP/035</b>			
GIM / Diabetes & Endocrinology	Dr L George	UHL	Band 2B
General / Breast Surgery	Ms L Satherley	UHL	Band 2B
Trauma & Orthopaedics	Mr S White	UHW	Band 2B
<b>FP2 – WAL/FP/002</b>			
Stroke Medicine	Dr T Hughes	UHW	Band 1A
Emergency Medicine	Dr J Dunn	UHW	Band 1A
GIM / Gastroenterology	Dr J Turner	UHL	Band 2B
<p>Breast surgery will include the opportunity to attend clinics and assist in theatre.</p> <p>The stroke medicine post is based on the acute stroke unit un UHW. Acute/on-call work includes acute stroke and GIM experience. There are regular stroke meetings where cases from across Wales are discussed.</p>			

<b>FP1 – WAL/LFP/036</b>	<i>F1 LIFT – Psychiatry</i>		
GIM / Geriatric Medicine	Dr R Marsh	UHL	Band 2B
General / Colorectal Surgery	Mr S Phillips	UHW	Band 2B
Paediatrics	Dr L Thia	UHW	Band 2B
<b>FP2 – WAL/FP/021</b>			
Obstetrics & Gynaecology	Ms A Denereaz	UHW	Band 2B
ENT	Mr B Stew	UHW	Band 2B
Emergency Medicine	Dr K Nakirikanti	UHW	Band 1A
<p>This post is linked with FP125.</p> <p>In F1 this rotation includes one day a week in psychiatry; 4 months of which is in liaison psychiatry (Prof Tahir) and 8 months with the crisis teams (North crisis team- Dr Seruis and South crisis team - Dr Oruganti).</p> <p>Paediatric F1 post is primarily focussed on the sub-speciality of respiratory paediatrics with on-call as part of the general team.</p>			

<b>FP1 – WAL/FP/037</b>			
GIM / Geriatric Medicine	Dr P Gupta	UHL	Band 2B
General / Colorectal Surgery	Miss J Cornish	UHW	Band 2B
Trauma Orthopaedics	Mr P Jemmett	UHW	Band 2B
<b>FP2 – WAL/FP/001</b>			
Emergency Medicine	Dr K Nakirikanti	UHW	Band 1A
Cardiology	Dr R Wheeler	UHW	Band 2B
GIM / Respiratory Medicine	Dr K Pink	UHW	Band 1A
<p>Please be aware many T&amp;O ward patients are frail and you will work alongside orthogeriatricians, spinal and orthopaedic colleagues. This post does not include elective orthopaedics.</p> <p>Cardiology includes the opportunity to attend interventional procedures but is primarily focussed on the care of the ward and CCU patients.</p>			

<b>FP1 – WAL/FP038</b>			
GIM / Gastroenterology	Dr R Ramaraj	UHL	Band 2B
GIM / Geriatric Medicine	Dr S O'Mahony	UHL	Band 2B
Urology	Mr R Coulthard	UHW	Band 2B
<b>FP2 – WAL/SFP/111</b>	<i>Specialised academic programme (F2)</i>		
Renal Medicine	Dr S Meran	UHW	Unbanded
Emergency Medicine	Dr N Manville	UHW	Band 1A
Anaesthetics	Dr B Holst (ES/academic) Dr S Voisey (CS)	UHW	Unbanded
<p>This is a specialised academic programme - in F2 the foundation trainee has 1 day a week set aside for an academic project; F2 projects are facilitated through HEIW.</p> <p>F2s in anaesthetics get the opportunity to attend theatres and to develop practical skills related to the specialty. There is close support from senior colleagues and regular training opportunities.</p>			



<b>FP1 – WAL/FP/039</b>			
GIM / Respiratory Medicine	Dr H Davies	UHL	Band 2B
General / Colorectal Surgery	Miss R Hargest	UHW	Band 2B
GIM / Diabetes & Endocrinology	Dr J Platts	UHL	Band 2B
<b>FP2 – WAL/FP/006</b>			
Emergency Medicine	TBC	UHW	TBC
Obstetrics & Gynaecology	Mr R Howells	UHW	Band 2B
GIM / Geriatric Medicine	Dr P Gupta	UHL	Band 2B
The Emergency Medicine post in F2 is new from 2024 and banding cannot yet be confirmed.			

<b>FP1 – WAL/FP/041</b>			
GIM / Respiratory Medicine	Dr C Dyer	UHW	Band 1A
GIM / Geriatric Medicine	Dr G Menon	UHW	Band 1A
Neurosurgery	Dr J Lang	UHW	Band 2B
<b>FP2 – WAL/FP/011</b>			
Orthopaedic Surgery	Mr S Jonas	UHL	Band 2B
Obstetrics & Gynaecology	Ms A Darbhamulla	UHW	Band 2B
Emergency Medicine	Dr M Al-Mudhaffar	UHW	Band 1A
<p>In neurosurgery there are opportunities to gain experience of practical procedures such as lumbar puncture, removal of subdural drains whilst working on the neurosurgical high care ward. On-call is on the neurosciences rota.</p> <p>Please be aware many T&amp;O patients are frail and you will work alongside ortho-geriatricians as well as orthopaedic colleagues.</p>			

<b>FP1 – WAL/FP/042</b>			
GIM / Gastroenterology	Dr C Tibbatts	UHL	Band 2B
Urology	Mr R Coulthard	UHW	Band 2B
Paediatrics	Dr J te Water Naude	UHW	Band 2B
<b>FP2 – WAL/NP/014</b>	<i>Near Peer teaching programme (F2)</i>		
General Practice	Dr R Morris	Llanedeyrn H.C.	Unbanded
Obstetrics & Gynaecology	Mrs A Sinha	UHW	Band 2B
General / Vascular Surgery	TBC	UHW	Band 1B
<p>In F2 there is up to 1 day a week set aside for teaching related activities. These are predominantly co-ordinated through the Medical Education team please contact the team to discuss the near peer teaching element after your F1 ARCP.</p>			

<b>FP1 – WAL/FP/043</b>			
GIM / Infectious Diseases	Dr M Backx	UHW	Band 1A
General / Upper GI Surgery	Mr A Foliaki	UHW	Band 2B
ENT	Mr G Roblin	UHW	Band 2B
<b>FP2 – WAL/FP/018</b>			
Vascular & General Surgery	Mr H Davies	UHW	Band 1B
Acute Internal Medicine	Dr A de Lloyd	UHW	Band 1A
Emergency Medicine	TBC	UHW	TBC
<p>The Emergency Medicine post in F2 is new and banding has not yet been confirmed by the department.</p>			

<b>FP1 – WAL/FP/044</b>			
GIM / Diabetes & Endocrinology	Dr A Lansdown	UHW	Band 1A
General / HPB Surgery	Mr N Kumar	UHW	Band 2B
Medical Assessment Unit	Dr J O'Neill	UHW	Band 1A
<b>FP2 – WAL/FP/019</b>			
Orthopaedic Surgery	Ms T Wilkinson	UHL	Band 2B
General / Colorectal Surgery	Mr Michael Davies	UHW	Band 1B
Renal Medicine	Dr Mat Davies	UHW	Band 2B
Please be aware many T&O patients are frail and you will work alongside ortho-geriatricians as well as orthopaedic colleagues.			

<b>FP1 – WAL/FP/045</b>			
GIM / Geriatric Medicine	Dr L Rozier	UHW	Band 1A
General / Upper GI Surgery	Ms J Witherspoon	UHW	Band 2B
GIM / Gastroenterology	Dr K Edwards	UHW	Band 1A
<b>FP2 – WAL/FP/020</b>			
Orthopaedic Surgery	Mr T Matthews	UHL	Band 2B
General / Breast Surgery	Miss E Davies	UHL	Band 1B
Psychiatry	Dr I Jurewicz	UHL	Unbanded
<p>Psychiatry F2 will work with Pentwyn Community Mental Health Team. A period on Assessment Ward in Hafan Y Coed will allow development skills in acute psychiatry.</p> <p>Please be aware many T&amp;O ward patients are frail and you will work alongside ortho-geriatricians as well as orthopaedic colleagues.</p>			

<b>FP1 – WAL/FP/046</b>			
GIM / Diabetes & Endocrinology	Dr A Roberts	UHW	Band 1A
General / Colorectal Surgery	Mr S Phillips	UHW	Band 2B
GIM / Geriatric Medicine	Dr L Rozier	UHW	Band 1A
<b>FP2 – WAL/FP/015</b>			
Paediatrics	Dr M Edwards	UHW	Band 2B
Palliative Medicine & GIM	Dr S Seaman	Marie Curie / UHL	Band 2B
Orthopaedic Surgery	Mr S Agarwal	UHL	Band 2B
<p>Palliative medicine is based in the Marie Curie Hospice which is in Penarth; on-calls are undertaken in the UHL medical unit / wards. <b>Access to your own transport is strongly recommended for this post.</b></p> <p>Please be aware many T&amp;O ward patients are frail and you will work alongside ortho-geriatricians as well as orthopaedic colleagues.</p>			

<b>FP1 – WAL/FP/047</b>			
GIM / Geriatric Medicine	Dr C Thomas	UHW	Band 1A
Vascular & General Surgery	Mr I Williams	UHW	Band 2B
Rehabilitation Medicine	Dr S Shanbhag	UHL / UHW	Band 2B
<b>FP2 – WAL/FP/013</b>			
Anaesthetics	Dr S Voisey	UHW	Band 1B
General / Colorectal Surgery	Miss R Hargest	UHW	Band 2B
General Practice	Dr P Lloyd	Roath House	Unbanded
<p>Rehabilitation medicine is based in the specialist neuro-rehab unit in UHL. This post focusses on the rehabilitation and recovery of people with spinal injuries. On-call is on the neurosciences rota in UHW.</p> <p>F2s in anaesthetics get the opportunity to attend theatres and to develop practical skills related to the specialty. There is close support from senior colleagues and regular training opportunities. F2s develop core clinical skills during this post. On-call is as part of the surgical hospital at night team.</p> <p><b>Access to your own transport is recommended for this post.</b></p>			

<b>FP1 – WAL/LFP/048</b>	<i>F1 LIFT – TBC / LD Psych / Genetics</i>		
GIM / Geriatric Medicine	Dr A Ferris	UHW	Band 1A
Vascular & General Surgery	Mr H Davies	UHW	Band 2B
Trauma & Orthopaedics	Mr G Roberts	UHW	Band 2B
<b>FP2 – WAL/FP/010</b>			
General / Endocrine Surgery	Mr M Stechman	UHW	Band 1B
GIM / Respiratory Medicine	Dr H Davies	UHL	Band 2B
Emergency Medicine	Dr E Ryan	UHW	Band 1A
<p>This new LIFT post is linked to FP145.</p> <p>There are 3 distinct LIFT rotations linked to this post; these are designated on the application system so please ensure you select with care</p> <p><i>The LIFT days are rotational:</i></p> <p><i>(Tuesday in Post 1)</i></p> <p><i>Infectious Diseases &amp; Microbiology (Wednesday in Post 1)</i></p> <p><i>Clinical Genetics @ Cardiff Edge Business Park, Coryton, CF14 7YU (Thursday in Post 1)</i></p>			

<b>FP1 – WAL/FP/049</b>			
Stroke Medicine	Dr T Hughes	UHW	Band 1A
General / Colorectal Surgery	Mr C Morris	UHW	Band 2B
Haematology	Dr K Wilson	UHW	Unbanded
<b>FP2 – WAL/FP/005</b>			
General Practice	Dr V Cole	Rumney M.C	Unbanded
Renal Medicine	Dr M Davies	UHW	Band 2B
Cardiology	Prof Z Yousef	UHW	Band 2B
<p>F1 in Haematology is based on the specialist ward and includes the Adult Blood and Marrow Transplant (BMT) Unit. Core skills gained include the care of the acutely unwell patient as well as insight into the treatment of haematological malignancies.</p>			



<b>FP1 – WAL/FP/050</b>			
General / HPB Surgery	Mr N Kumar	UHW	Band 2B
GIM / Pharmacology	Prof J Coulson	UHL	Band 2B
GIM / Geriatric Medicine	Dr T Ahmed	UHW	Band 1A
<b>FP2 – WAL/FP/012</b>			
Paediatrics	Dr J te Water Naude	UHW	Band 2B
Emergency Medicine	Dr J Morgan	UHW	Band 1A
Vascular & General Surgery	Mr I Williams	UHW	Band 2B

<b>FP1 – WAL/FP/051</b>			
GIM / Geriatric Medicine	Dr C Shute	UHL	Band 2B
General / Endocrine Surgery	Mr N Patel	UHW	Band 2B
ENT	Mr G Roblin	UHW	Band 2B
<b>FP2 – WAL/SFP/110</b>	<i>Specialised academic programme (F2)</i>		
Emergency Medicine	Dr N Manville	UHW	Band 1A
GIM / Microbiology & Infectious Diseases	Dr O Seddon	UHW	Unbanded
Intensive Care Medicine	Dr N Stallard	UHW	Band 1B
<p>This is a specialised academic programme - in F2 the foundation trainee has 1 day a week set aside for an academic project. F2 Academic trainees are supported to identify a suitable project through HEIW.</p>			

<b>FP1 – WAL/FP/052</b>			
GIM / Diabetes & Endocrinology	Dr N Agarwal	UHL	Band 2B
Vascular & General Surgery	TBC	UHW	Band 2B
Trauma & Orthopaedics	Mr F Brooks	UHW	Band 2B
<b>FP2 – WAL/FP/004</b>			
General / Upper GI Surgery	Mr T Abdelrahman	UHW	Band 2B
GIM / Pharmacology	Prof J Coulson	UHL	Band 2B
General Practice	Dr P Lloyd	Roath House	Unbanded
<p>Please be aware many T&amp;O ward patients are frail and you will work alongside ortho-geriatricians, spinal and orthopaedic colleagues. This post does not include elective orthopaedics.</p> <p>The F2 in pharmacology is based on the medical unit with the opportunity to experience clinical pharmacology and toxicology as well as general medicine.</p>			

<b>FP1 – WAL/FP/053</b>			
GIM / Respiratory Medicine	Dr R Sabit	UHL	Band 2B
Vascular/General Surgery	Mr I Williams	UHW	Band 2B
Trauma & Orthopaedics	Mr P Keeling	UHW	Band 2B
<b>FP2 – WAL/FP/017</b>			
Dermatology	Dr R Katugampola	UHW	Band 2B
Cardiology	Dr N Masani	UHW	Band 2B
General / Colorectal Surgery	Mr J Horwood	UHW	Band 2B
<p>Please be aware many T&amp;O ward patients are frail and you will work alongside ortho-geriatricians, spinal and orthopaedic colleagues. This post does not include elective orthopaedics.</p> <p>The Dermatology post is out-patient based in the Welsh Institute of Dermatology. The department provides treatment for inflammatory skin diseases, surgical procedures and clinics covering all the Dermatology sub-specialties. The main duty of the F2 trainee is to provide the medical cover for the Dermatology Day Unit. Our F2 is encouraged to learn procedures such as skin biopsies and skin suturing during their placement and attend the various clinics to gain a broad range of experience.</p>			

<b>FP1 – WAL/FP/054</b>			
GIM / Respiratory Medicine	Dr S Barry	UHW	Band 1A
General / Colorectal Surgery	Prof J Torkington	UHW	Band 2B
Urology	Dr J Featherstone	UHW	Band 2B
<b>FP2 – WAL/FP/115</b>			
GIM / Gastroenterology	Dr T Pembroke	UHW	Band 1A
Polytrauma Unit / “T&O”	Dr J Thomas	UHW	Unbanded
General Practice	Dr S Shah	Llanedeyrn H.C.	Unbanded
<p>The poly-trauma unit is the hub for Major Trauma Cases in South Wales; on Oriel this post is designated as T&amp;O due to limitations of the Oriel system but you will work with many consultants from a range of specialties. The post is currently unbanded but this is being reviewed.</p>			

<b>FP1 – WAL/LFP/056</b>	<i>F1 LIFT – Palliative Care</i>		
GIM / Respiratory Medicine	Dr A Whittaker	UHW	Band 1A
General / HPB Surgery	Mr N Kumar	UHW	Band 2B
Emergency Medicine	Dr J Holman	UHW	Unbanded
<b>FP2 – WAL/FP/003</b>			
Rehabilitation Medicine	Dr S Shanbhag	UHL / UHW	Band 2B
GIM / Geriatric Medicine	Dr C Shute	UHL	Band 2B
Obstetrics & Gynaecology	Mr A Griffiths	UHW	Band 2B
<p>LIFT day is fixed on a Thursday and is designated for palliative care. This post is paired with FP120.</p> <p>Each trainee will spend 12 months with a palliative care team in the Hospice (in Penarth), Velindre Hospital (Whitchurch) or UHW.</p> <p>F1s in the emergency unit do not work outside of core hours. The on-call for Rehab Medicine is on the neurosciences rota at UHW.</p> <p><b>Access to your own transport is recommended for this post.</b></p>			

<b>FP1 – WAL/LFP120</b>	<i>F1 LIFT – GP x2 / Neurology</i>		
GIM / Respiratory Medicine	Dr A Whittaker	UHW	Band 1A
General / HPB Surgery	Mr D O'Reilly	UHW	Band 2B
Emergency Medicine	Dr J Holman	UHW	Unbanded
<b>FP2 – WAL/FP/007</b>			
Rehabilitation Medicine	Dr A Lowman	UHL / UHW	Band 2B
Anaesthetics	Dr S Voisey	UHW	Band 1B
GIM / Geriatric Medicine	Dr T Ahmed	UHW	Band 1A
<p>This LIFT post is paired with FP56. The LIFT day is fixed on a Tuesday.</p> <p>There is one LIFT post in Neurology and two in GP practices (Roath House and Dinas Powys; GPs will be your E/S). <i>Please ensure you apply for the specific rotation.</i></p> <p>The Rehabilitation post is in the specialist centre in UHL and is based on the brain injury unit in the new rehabilitation centre. On-call is on the neurosciences rota in UHW.</p> <p>F2s in anaesthetics attend theatres and develop practical skills related to the specialty. There is close support from senior colleagues and regular training opportunities. On-call is as part of the surgical hospital@night team.</p> <p><b>Access to your own transport is recommended for this post.</b></p>			

<b>FP1 – WAL/LFP/125</b>	<i>F1 LIFT – Sexual Health (CRI)</i>		
GIM / Geriatric Medicine	Dr R Marsh	UHL	Band 2B
General / Breast Surgery	Ms L Satherley	UHW	Band 2B
Paediatrics	Dr M Edwards	UHW	Band 2B
<b>FP2 – WAL/FP/016</b>			
Psychiatry	Dr D Mahajan	UHL	Unbanded
Haematology	Dr J Murray	UHW	Band 2B
Cardiothoracic Surgery	Mr T Combella	UHL	Band 2B
<p>This LIFT post is paired with FP35.</p> <p>One day a week in F1 is spent with the sexual health team in Cardiff Royal Infirmary. The day varies throughout the training year to allow F1s to experience different clinics.</p> <p>Cardiothoracic surgery is currently based in UHL but may relocate to UHW. You will have exposure to cardiac and thoracic theatres with the opportunity to develop important basic surgical skills. On-call is presently limited to long days in the cardiothoracic department.</p>			

<b>FP1 – WAL/LFP/135</b>	<i>F1 LIFT – GP / PTU / Learning Disabilities</i>		
GIM / Diabetes & Endocrinology	Dr L George	UHL	Band 2B
General / HPB Surgery	Miss T Duncan	UHW	Band 2B
Ortho-Paediatrics	Miss C Carpenter	UHW	Unbanded
<b>FP2 – WAL/FP/126</b>			
Acute Internal Medicine	Dr A Bhattacharya	UHW	Band 1A
General / Upper GI Surgery	Miss J Witherspoon	UHW	Band 2B
Palliative Medicine & GIM	Dr S Seaman	Marie Curie	Band 2B
<p>The LIFT day in this post is fixed on a Wednesday. There are three distinct LIFT rotations linked to this post; these are designated on the application system so please ensure you select with care.</p> <p><i>The LIFT posts are in:</i></p> <p><i>a) Dinas Powys Practice (Dr Reynolds will be your Educational Supervisor)</i></p> <p><i>b) Community Learning Difficulties / Psychiatry with Prof Watkins</i></p> <p><i>c) Poly Trauma Unit, UHW</i></p> <p>The F1 Orthopaedics post is in paediatrics and is based in the Children's Hospital for Wales (UHW Site).</p> <p>The Palliative Care Posts is based in the Marie Curie Hospice, Penarth. On-Calls are in UHL.</p> <p><b>Access to your own transport is strongly recommended for this post.</b></p>			

*Final rotation is overleaf*



FP1 – WAL/LFP/145	F1 LIFT – Intensive Care Medicine		
Trauma & Orthopaedics	Mr F Brooks	UHW	Band 2B
General / Vascular Surgery	Mr H Davies	UHW	Unbanded
GIM / Geriatric Medicine	TBC	UHW	Band 1A
FP2 – WAL/FP/141			
Emergency Medicine	TBC	UHW	TBC
Urology	Mr S Datta	UHW	Band 2B
GIM / Infectious Diseases	Dr O Seddon	UHW	Band 2B
<p>This LIFT post is paired with FP48. One day a week (LIFT) is spent in the intensive care unit; the day rotates through the training year to broaden experience (and can be flexible).</p> <p>Vascular Surgery is unbanded but the trainee can do on-call F1 locums in the department.</p> <p>Please be aware many T&amp;O ward patients are frail and you will work alongside ortho-geriatricians, spinal and orthopaedic colleagues. This post does not include elective orthopaedics.</p> <p>The infectious Disease post is part of the medical on-call rota.</p> <p>The Emergency Medicine post in F2 is new and banding cannot be confirmed yet.</p>			

## Important Information

The following post descriptions and banding are based primarily on previous designations and are provided to help guide and inform applicants.

It does not form part of an employment contract.

If we are aware of changes in advance we will endeavour to ensure this is reflected in the Information provided

**Clinical services are under constant review and as a consequence training opportunities may change. The rotation descriptors are as up to date and accurate as possible. Posts do change at short notice and banding may have been amended. We are therefore not able to guarantee the information.**